

Youth & Teens

Kirkland Kids Triathlon

Ages 3 to 12 years

**Sunday, September 30th,
1pm at Juanita Beach Park**

Athletics participant in 50 yards swim/splash ~ ½ mile Bike ~ 400 yard Run. This non-competitive event provides an excellent opportunity for youth to experience the sport of Triathlon! **Participants will receive a t-shirt and ribbon!** Thank you to TriFreaks for sponsoring this event.

Registration begins July 1 for the Kids Triathlon
Resident and Non-Resident fee \$30.00

Sun	1pm	Sep 30	37086
-----	-----	--------	-------

Cooking

Creating in the Kitchen with Karen

Ages 4 to 8 years

Is your kid a "foodie"? Does he/she watch the Food Network on TV, or show an interest in creating kitchen cuisine? Nurture his/her curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time! BAM!

Instructor: Karen Renfro-Gielgens

Location: McAuliffe Park, 10824 NE 116th St, Kirkland 98034 (enter off of 108th Ave NE) • 8 weeks
No class 1/21 & 2/18 • \$10 supply fee payable to instructor • Resident \$36 / Non-Resident \$43

Mon	3:50-4:50pm	Sept 10-Oct 29	37138
Mon	3:50-4:50pm	Jan 14-Mar 18	37142

Holiday Creating in the Kitchen with Karen

Ages 4 to 8 years

Cook special holiday treats in this 4-week class.

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • 4 weeks • Supply fee of \$5 payable to instructor • Resident \$36 / Non-Resident \$43

Mon	2:30-3:30pm	Nov 19-Dec 10	37146
-----	-------------	---------------	-------

WINTER Break Experiences!

LEGO® Jedi Engineering Great Gift Idea! **NEW!**

Ages 5 to 7 years

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. A new offering of original designs for young Jedi from Play-Well TEKologies.

Instructor: Play-Well TEKologies • Location: NKCC
3 days • Resident \$115 / Non-Resident \$138

Wed, Thur & Fri	1-4pm	Dec 26-28	37279
-----------------	-------	-----------	-------

Rhythmic Gymnastics & Creative Dance Winter Break

Girls Ages 5 to 12 years

NEW! La Luna Rhythmic Gymnastics winter break class is designed for the beginner gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet preparation and creative dance. Two snacks are provided by the Academy. You provide a leotard, lunch and water bottle.

Extended hours (for three day week) from 8-9am and 4-6pm = Resident \$21 / Non-Resident \$25

Instructor from La Luna Rhythmic Gymnastics

• Location: La Luna Academy 11251 120th Ave NE., Ste 150 Kirkland, WA 98033 - www.lalunagym.com
3 days • Resident \$119 / Non-Resident \$143 (Extended care, see above)

Wed-Fri	9am-4pm	Dec 26-28	37281
---------	---------	-----------	-------

RHYTHMIC GYMNASTICS CLASSES

**PAGES
18 & 28**



SPRING Break Experiences!

W.O.W. Gross Out: Chemistry

Ages 8 to 12 years

NEW! We are excited to offer our new World of Wonder—W.O.W. Boom, splat, slime, ooze, fizz—we'll have a blast and make a mess as we explore the science behind chemical reactions! Students will use the inquiry-based method as we perform experiments to create slime, flubber, a foam machine, a bleeding cabbage, a Styrofoam foam cup meltdown, and more! We'll form hypotheses, record data, and draw conclusions just like real scientists.

Instructor: Great Minds Tutoring • Location: NKCC
1 week • Resident \$85 / Non-Resident \$102

Mon-Fri	1-3pm	Apr 1-5	37280
---------	-------	---------	-------



SUPER SAFE SITTERS

Ages 11 to 17 years

Ready for your adventures in baby-sitting? A super one-day program designed to train in child care. 5-hour program covers parent expectations, first aid, nutrition, fire prevention, personal safety, home security, activities and more. Graduates receive a handbook and certificate.

No drop-ins please. Bring a sack lunch, an afternoon snack, and lots of questions.
Pre-register: no drop-ins the day of class please
• Instructor: Dianne Luecken • Location: NKCC
Resident \$38 / Non-Resident \$46

Sat	9am-2pm	Oct 6	37300
Sat	9am-2pm	Feb 2	37301

Music

Move Over Mozart Piano Classes

Grade K-6, Ages 7 to 12 years

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction.

A one-time \$10 materials fee is payable to instructor and due at first class • Class size is limited to 6 (additional classes may be added based on waiting lists) • For more information visit moveovermozart.net • Location: NKCC 10 weeks • No class 11/12 • Resident \$89 / Non-Res \$107

Grade K-1 Ages 5 to 6 years

Mon	4:30–5pm	Sept 10–Nov 19	37394
Thur	4:30–5pm	Sept 13–Nov 15	37170
Thur	6–6:30pm	Sept 13–Nov 15	37172
Mon	4:30–5pm	Jan 14–Apr 1	37395
Thur	4:30–5pm	Jan 17–Mar 21	37177
Thur	6–6:30pm	Jan 17–Mar 21	37179

Grade 2-6, Ages 7 to 12 years

Thur	5–5:30pm	Sept 13–Nov 15	37182
Thur	5–5:30pm	Jan 17–Mar 21	37183

For Move Over Mozart classes for ages 3 to 4 years, see page 18

Beginning Guitar Turbo Charged!

12 years and up

This fast-paced course covers all the basics – from tuning and strumming, all the way up to common chord progressions. By the end of the course, you'll know major, minor and 7th chords, basic rhythms and beginning theory. Get a solid foundation for whatever kind of music you're into! Good for electric or acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument
Instructor: Scott Lawson • Location: NKCC*

Fall 8 weeks • Resident \$98 / Non-Resident \$118

Mon	6:30–7:30pm	Sept 10–Oct 29	37288
-----	-------------	----------------	-------

Fall 6 weeks • No class 11/12 • Res. \$74 / Non-Res \$89

Mon	6:30–7:30pm	Nov 5–Dec 17	37289
-----	-------------	--------------	-------

Winter 8 weeks • No class 1/21 & 2/18

Resident \$98 / Non-Resident \$118

Mon	6:30–7:30pm	Jan 14–Mar 18	37290
-----	-------------	---------------	-------

Musical Theater

Musical Theater for Children

Ages 6 to 10 years

Young singers learn the importance of proper and healthy ways to vocalize at an early age. During this ensemble class we will work on basic technique, repertoire, and how to sing in a group. The class will give young singers a great introduction to singing. Bring your video camera for final performance on last day!

Location: NKCC • 10 weeks • Resident \$68 / Non-Res. \$82

Tue	6:20–7:05pm	Sept 11–Nov 13	37319
Tue	6:20–7:05pm	Jan 8–Mar 12	37321

Holiday Musical Theater

Ages 6 to 10 years

Come celebrate the holidays through music and dance in this all age 1 day workshop. Parents... you are welcome to stay and watch us learn!!

*Location: NKCC • 4 weeks
Resident \$27 / Non-Resident \$32*

Tue	6:20–7:05pm	Nov 27–Dec 18	37320
-----	-------------	---------------	-------

Youth Soccer

UK Elite Feet Soccer Academy

Ages 7 to 13 years

UK Elite, as the 'leaders in youth soccer education', offer the best possible professional training for players ages 7–13. Players are divided into groups that match our age-specific curriculum. This ensures that every player that attends the class will enjoy a fun and educational soccer experience. The older players will learn tactical and functional aspects of soccer while the younger ages will get access to the best possible fundamental training.

*Location: Juanita Beach Park, 9703 NE Juanita Drive
Resident \$100 / Non-Resident \$120*

Co-Ed: Ages 7 to 9 years

Sat	10–11:30am	Sept 8–Oct 27	36762
-----	------------	---------------	-------

Co-Ed: Ages 10 to 13 years

Sat	11:30am–1pm	Sept 8–Oct 27	36763
-----	-------------	---------------	-------

Martial Arts

Bully Proof Martial Arts Program

Ages 7 to 12 years

Teach your kids to stand up for themselves! "I'm giving them the courage-and the permission to be loud with someone who's physically threatening them" said Korbett Miller of Miller Martial Arts Academy as quoted in an anti-bullying article on www.moms.today.msnbc.msn.com. He teaches what he preaches by showing students how to set verbal boundaries, what to say, when and how to say it. Class incorporates martial arts to build self esteem and give students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

*Location: Miller's Martial Arts Academy 8920 122nd Ave. NE, Kirkland • Instructor: Korbett Miller • 8 weeks
No class 5/26 • Resident \$57 / Non-Resident \$68*

Sat	9:45–10:30am	Sept 15–Nov 3	37305
Sat	9:45–10:30am	Jan 19–Mar 9	37306

CHEERleading

Action Athletics Intro to Cheerleading NEW!

Ages 5 to 14 years

Action Athletics, home to the Action Athletic All-Stars competition team offers an introduction to cheerleading class. Our classes focus on the drills necessary to perfect various skills such as cheer motions, dance, tumbling, jumps and stunts. If you are interested in developing skills in these areas, then one of our cheer classes is perfect for you! There will be a final class performance for parents/guardians.

Please wear loose comfortable clothing, cheer or athletic shoes, NO jewelry, & bring a water bottle! • Location: NKCC

Ages 5 to 9 years

Fall 7 weeks • Resident \$70 / Non-Resident \$84

Tues	Sept 18–Oct 30	5–6pm	37323
Tues	Nov 6–Dec 18	5–6pm	37324

Winter 10 weeks • Resident \$100 / Non-Resident \$120

Tues	Jan 15–Mar 19	5–6pm	37327
------	---------------	-------	-------

Ages 10 to 14 years

Fall 7 weeks • Resident \$70 / Non-Resident \$84

Tues	Sept 18–Oct 30	5–6pm	37325
Tues	Nov 6–Dec 18	5–6pm	37326

Winter 10 weeks • Resident \$100 / Non-Resident \$120

Tues	Jan 15–Mar 19	5–6pm	37329
------	---------------	-------	-------

Youth & Teens

Life Skills

Young Ladies & Gentlemen (Etiquette)

Ages 6 to 10 years

Children rarely beg for the opportunity to attend a class on manners, yet it is the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more. Don't be surprised when they come out asking for more!

Instructor from Final Touch Finishing School

Location: NKCC • Resident \$39 / Non-Resident \$47

Sat	9am–12pm	Nov 17	37292
Sat	9am–12pm	Jan 26	37293

Starting Point: Middle School Success **NEW!**

Ages 11 to 14 years

Navigate middle school with confidence and class with the 3 R's - respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

Instructor: from Final Touch Finishing School

Location: NKCC • Resident \$54 / Non-Resident \$65

Sat	1–5pm	Nov 17	37294
Sat	1–5pm	Jan 26	37295

Self Defense for Teen Girls Only

Ages 14 to 19 years

This three hour course will provide young ladies the education and awareness to avoid and escape potentially dangerous situations. Course will cover dating violence, how assailants target and test potential victims, personal safety and much more. Students will learn physical techniques, strikes and releases to safely remove oneself from dangerous situations. It is a great class to take with a friend.

Class size limited to 15! • Instructor: Joann Factor •

Location: NKCC • Resident \$53 / Non-Resident \$64

Sat	1–4:00pm	Jan 12	37303
-----	----------	--------	-------

Brand Yourself for Success—Preparing for Graduation

Ages 15 to 19 years

NEW! Academic preparation is critical, but to be branded for success you also need strong social skills. Learn how to make a positive and lasting impression; meet and greet others with ease; deliver a confident handshake; handle business cards and name tags; how to launch, linger, and leave a conversation; listen effectively; overcome dining dilemmas; dress to succeed; set goals and manage time; handle technology; interview tips; and express an attitude of gratitude. Bring a sack lunch, afternoon snack, and a water bottle.

Instructor: from Final Touch Finishing School

Location: NKCC • Resident \$115/ Non-Resident \$138

Sat	9am–5pm	Mar 9	37297
-----	---------	-------	-------

Teen Bliss **NEW!**

Ages 14 to 18 years

Are you a teenage girl looking to make some friends and have some fun? This highly interactive and fun group promotes skill building, self-esteem, and friendship networks outside of school activities. Teen Bliss is led by Laura Heck in small group settings to explore all things Teen: Body Image, Parent Issues, Peer Pressure, Sexuality, Confidence Building, Dating, and Healthy Eating Habits.

Instructor Laura Heck is a talented and charismatic Marriage and Family Therapist in the Greater Seattle Area, owner of Bliss Couple and Family Therapy, specializing in teen self-esteem building.

Location: NKCC • 6 weeks

Resident \$60 / Non-Resident \$72

Tue	4–5:20pm	Sept 18–Oct 23	37298
Tue	4–5:20pm	Jan 8–Feb 12	37299

Youth Dance

Beginning Ballet/Tap Combo

Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B and a great introduction for young first-time dancers. Experience ballet and tap through combinations at the bar, the center of the floor, and across the room. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

Ballet and tap shoes required • Location: NKCC

Fall 12 weeks • No class 11/22

Resident \$85/ Non-Resident \$102

Thur	5:45–6:30pm	Sept 13–Dec 6	37307
------	-------------	---------------	-------

Winter 11 weeks • Resident \$78/ Non-Resident \$94

Thur	5:45–6:30pm	Jan 10–Mar 21	37308
------	-------------	---------------	-------

Ballet 1

Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Your child will learn to appreciate the grace and beauty of this timeless dance in a fun no-pressure environment. Bring your cameras, Parent Watch day is the last day of session.

Prerequisite for 5 year olds: Preschool Dance B or equivalent experience • 5 year olds must register by phone at 425-587-3350 • Location: NKCC

Fall 12 weeks • No class 11/24

Resident \$85/ Non-Resident \$102

Sat	11:30am–12:15pm	Sept 15–Dec 8	37309
-----	-----------------	---------------	-------

Winter 11 weeks • Resident \$78/ Non-Resident \$94

Sat	11:30am–12:15pm	Jan 12–Mar 23	37310
-----	-----------------	---------------	-------

THRILLER ALL AGES!

Channel your inner zombie by learning the famous Michael Jackson dance that took the world by storm, better known as THRILLER! Then join our friends at Redmond Town Center on October 27th for the Eastside Thrill the World Zombie Dance Party, an event fundraiser for Second Story Repertory, or rise to the occasion and show off your dance skills at one of the many Thriller events going on around the greater Seattle area.

Location: NKCC • 3 weeks • Resident \$15 / Non-Resident \$18 • #37553

SUNDAYS • SEPT 30–OCT 21 • 1:30–3:00PM

Hip Hop 1

Ages 5 to 7 years

Hip Hop is a popular, energetic pop style version of urban street dance. In this class you will learn the latest moves to "today's" (clean version) of music. Build self-esteem, enhance your coordination and stay fit!

Wear loose clothing and tennis shoes please!

Location: NKCC • 6 weeks • No class 11/21

Resident \$42/ Non-Resident \$50

Wed	3:30–4:15pm	Sept 12–Oct 17	37384
Wed	3:30–4:15pm	Oct 31–Dec 12	37385
Wed	3:30–4:15pm	Jan 9–Feb 13	37386
Wed	3:30–4:15pm	Feb 20–Mar 27	37387

Hip Hop 2

Ages 8 to 10 years

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to "today's" music while you build self-esteem, enhance your coordination and stay fit!

Wear loose clothing and tennis shoes please!

Location: NKCC • 6 weeks • No class 11/21

Resident \$42/ Non-Resident \$50

Wed	4:20–5:05pm	Sept 12–Oct 17	37388
Wed	4:20–5:05pm	Oct 31–Dec 12	37389
Wed	4:20–5:05pm	Jan 9–Feb 13	37390
Wed	4:20–5:05pm	Feb 20–Mar 27	37391

Keiki Hula

NEW!

Ages 5 to 10 years

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance. Please wear shorts and t-shirts to class.

Instructor: Jeanne Makanaoklani Porter • Location: NKCC

Ages 5 to 8 years

Fall 9 weeks • Resident \$64 / Non-Resident \$77

Wed	5:30–6:15pm	Sept 19–Nov 14	37315
-----	-------------	----------------	-------

Winter 10 weeks • Resident \$71 / Non-Resident \$85

Wed	5:30–6:15pm	Jan 16–Mar 20	37317
-----	-------------	---------------	-------

Ages 8 to 10 years

Fall 9 weeks • Resident \$64 / Non-Resident \$77

Wed	4:35–5:20pm	Sept 19–Nov 14	37316
-----	-------------	----------------	-------

Winter 10 weeks • Resident \$71 / Non-Resident \$85

Wed	4:35–5:20pm	Jan 16–Mar 20	37318
-----	-------------	---------------	-------

Teen Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet master/Choreographer-Carrabba Dance Theatre has a 20 year distinguished professional dance career and over 16 years experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.



Ballet: Pointe

NEW!

Ages 10 to 16 years

For the student already on pointe or who will soon be graduating to pointe level. Emphasis of this class will be on perfecting technique, building strength, and understanding the art of pointe work. The art of pointe technique includes barre exercises, and combinations in center.

Prerequisite: Must take the ballet class prior 1-2 times per week and/or have a strong ballet background with a minimum of 1-2 years of ballet training.

Instructor: Marco Carrabba • Location: PKCC • 7 classes

No classes 11/21 • Residents \$58 / Non Residents \$70

Wed	5:20–6:05pm	Sept 12–Oct 24	36885
Wed	5:20–6:05pm	Oct 31–Dec 19	36886
Wed	5:20–6:05pm	Jan 9–Feb 20	36887
Wed	5:20–6:05pm	Feb 27–Apr 10	36888

Ballet: Beginning Teen

Ages 10 to 16 years

This class is for Pre-Teens and Teens who need to learn the basics from the beginning.

Instructor: Marco Carrabba • Location: PKCC • 7 classes

• No class 10/1, 11/12, 11/19, 12/24, 12/31 & 2/18

Residents \$58 / Non Residents \$70

Mon	5:20–6:05pm	Sept 10–Oct 29	36881
Mon	5:20–6:05pm	Nov 5–Jan 14	36882
Mon	5:20–6:05pm	Jan 28–Mar 18	36883

Ballet: Teen

Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Instructor: Marco Carrabb • Location: PKCC • 7 classes

No class 10/1, 11/12, 11/19, 11/21 12/24, 12/31 & 2/18

Residents \$77 / Non Residents \$92

Mon	4:15–5:15pm	Sept 10–Oct 29	36871
Wed	4:15–5:15pm	Sept 12–Oct 24	36877
Wed	4:15–5:15pm	Oct 31–Dec 19	36878
Mon	4:15–5:15pm	Nov 5–Jan 14	36872
Wed	4:15–5:15pm	Jan 9–Feb 20	36879
Mon	4:15–5:15pm	Jan 28–Mar 18	36875
Wed	4:15–5:15pm	Feb 27–Apr 10	36880

Ice Skating All Ages!

Our professional learn-to-skate staff will teach a progression of skills and provide an understanding of the basic fundamentals—then progress toward edge control and more advanced footwork. Students will be divided into their skill level and age level.

Skates provided and helmets highly recommended

• Location: Kingsgate Arena; 14326 124th Ave NE, Kirkland

Classes are 30 min. of professional instruction and 30 min. of practice / free skate time • Last day is "bring a buddy for free day" • Register one week prior to start of first class • Please arrive ½ hour before class to get skates on

• Wear warm clothes, jacket and gloves

7 weeks Resident \$113 / Non-Resident \$130

Ages 5 to Adult

Mon	6–7pm	Sept 10–Oct 22	37062
Fri	6–7pm	Sept 28–Nov 9	37066
Mon	6–7pm	Nov 5–Dec 17	37063
Fri	6–7pm	Jan 4–Feb 15	37071
Mon	6–7pm	Jan 7–Feb 18	37067
Mon	6–7pm	Feb 25–Apr 8	37068
Fri	6–7pm	Mar 1–Apr 12	37072

Ages 3½ to Adult

Tue	10:45–11:45am	Sept 11–Oct 23	37064
Tue	10:45–11:45am	Nov 6–Dec 18	37065
Tue	10:45–11:45am	Jan 8–Feb 19	37069
Tue	10:45–11:45am	Feb 26–Apr 9	37070

2012
2013

YOUTH Basketball League

CITY OF KIRKLAND
BOYS AND GIRLS
GRADES 3-6

- ▶ Build confidence and better health
- ▶ Have fun in a team environment!

It is our desire that all our participants experience an environment of equal play while learning and promoting a healthy activity.

	BOYS				GIRLS		
SCHOOL	3RD	4TH	5TH	6TH	3RD	4TH	5TH & 6th
BELL	36509	36510	36511		36513	36514	36515
FRANKLIN	36516	36517	36518		36520	36521	36522
SANDBURG	36523	36524	36525		36526	36527	36528
THOREAU	36530	36531	36532		36534	36535	36536
KELLER	36537	36538	36539		36541	36542	36543
MUIR	36544	36545	36546		36548	36549	36550
JUANITA	36551	36552	36553		66555	36556	36557
LAKEVIEW	36558	36559	36560		36562	36563	36564
TWAIN	36565	36566	36567		36569	36570	36571
KIRK	36572	36573	36574		36576	36577	36578
FROST	36579	36580	36581		36583	36584	36585
ROSE HILL	36586	36587	36588		36590	36591	36592
HOLY FAMILY	36593	36594	36595		36597	36598	36599
KIRKLAND MIDDLE				36601			
KAMIAKIN MIDDLE				36600			
FINN HILL MIDDLE				36602			

****Registration Deadline** October 22nd, 2012**
Registration after this date will be accepted on a space available basis.

Fee = \$96.36 (No Non-Residency Fee)

** Effective July 1, 2011 the WA State Department of Revenue requires all city-sponsored youth sport leagues to institute a sales tax on registration fees collected. All prices now include the required sales tax **

Volunteer coaches needed!! Please see information to right.

note Basketball leagues for grades 1-2 and 7-9 are run through the Kirkland Boys and Girls Club at 425.827.0132.

Sponsored by



YOUTH BASKETBALL League Information

League information is now available online: www.kirklandwa.gov/youthathletics

I've signed up for KPCS youth basketball... what do I do now?

You will be contacted by a coach at least 1 week prior to the beginning of season, November 26th. The coach will be providing you with information about your practices time and location.

I'd like to be a coach. What do I do? And what if my team does not have a coach?

If you would like to be a coach volunteer application will be available August 21st at www.kirklandwa.gov/youthathletics. Volunteer coaches are needed for each team in the league. Prior basketball experience is not necessary. We handle volunteer application on a first come first serve basis; therefore, getting your application turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then KPCS staff will contact individual parents from your team roster to recruit a coach. If you have questions please call 425-587-3360.

How are teams formed?

The KPCS uses the following procedure to create teams for 3rd, 4th, 5th grade boys and girls and 6th Grade Girls.

1. Registration is taken on a first come, first served basis.
2. Children are placed on the roster for the school they attend. ****Please note: 6th grade girls register for the elementary school which they attended in 5th grade.**** The first 10 registered form the first team, the next 10 registered form the second team, and so on; If necessary, children from schools in close geographical proximity will be placed together to fulfill roster requirements; due to not enough or too many kids registered from their home school.
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

The KPCS uses the following procedure to create rosters for 6th Grade Boys **NEW!**

1. Registration is taken on a first come, first served basis.
2. 6th grade boys will register for the middle school which they attend. On the first day of practice, teams will be formed, based on the number of players registered, through a draft. All registered players will be placed on a team for the school which they attend.
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

The philosophy of creating teams is to have kids that go to school together play ball together. The KPCS procedure for creating teams allows parents to share rides to practices and games and also provides for shorter, more convenient trips to a local practice site. Occasionally a league may be a combination of two schools.

Does the KPCS take requests?

Kirkland Parks and Community Services do not take requests for specific teams or coaches.

Game Days

KPCS youth basketball games are played on Saturdays January through March. Games will begin January 5, 2013. No games on 1/19, 2/16 and 3/16.

Game Schedule

Game schedule will be posted in mid-December at www.kirklandwa.gov/youthathletics

Practices

Teams will practice twice a week. Practice start times range from 5:00pm to 8:00pm and may be on any weekday. Teams begin practicing after Thanksgiving Break.

No Practice Blackout Dates

Blackout dates will be posted mid-November at www.kirklandwa.gov/youthathletics

Mandatory Coaches Meeting/Training

The coaches' meeting/training is scheduled Saturday, November 3rd from 8:30am to 12:30pm. The meeting/training day is designed to provide a free coaches certification program and other valuable information. The meeting/training will be held at the Peter Kirk Community Center. From 8:30-10am is the coach meeting and 10am-12:30pm is Nays Certification. If you cannot make the Nays portion, you must certify or Re-certify on your own time and at your own expense online at www.nays.org/nyscaonline/

Uniforms

Uniforms are provided by the generosity of Land O' Frost and will be handed out by coaches before the first game.

Snow/Rain

Please call 425-587-3335 during inclement weather to ensure games are being played.



RHYTHMIC GYMNASTICS

North Kirkland Community Center is teaming up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. Class are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music. Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2.

La Luna Gym: 11251 120th Ave NE Ste #150, Kirkland 98033 • www.lalunagym.com

**For Rhythmic Gymnastics
& Creative Dance Winter Break
Experience, See Page 22**

Rhythmic Gymnastics Level 1 Beginners

Girls Ages 4 to 5 years

Introduces students to basic positions of Ballet and Rhythmic Gymnastics apparatus while encouraging confidence, creativity, flexibility of movement and self expression. No experience necessary.

Gymnastics leotard required, bare feet or socks OK

• Location: La Luna Gym, 11251 120th Ave NE, Suite 150, Kirkland • 12 weeks • No class 11/20 & 11/24

Resident: \$92 / Non-Resident \$120

Tue	3-3:45pm	Sept 11-Dec 4	37259
Sat	12-12:45pm	Sept 15-Dec 8	37260
Tue	3-3:45pm	Jan 8-Mar 26	37269
Sat	12-12:45pm	Jan 12-Mar 30	37270

Rhythmic Gymnastics Level 2 Future Stars

Girls Ages 6 to 8 years

Level 2 will introduce students to stretching techniques, basic ballet preparations, conditioning and basic study of Rhythmic Gymnastics apparatus. Part of the Level 2 education is learning simple routines using hoop, ball, and rope. Gymnasts in this class could be invited to participate in the Academy's performances and exhibitions. No experience necessary.

Gymnastics leotard required, bare feet or socks OK.

Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland • 12 weeks • No class 11/20, 11/21, & 11/24

Tues/Sat 1.5 hours Resident \$140 / Non-Resident \$168

Tue	5-6:30pm	Sept 11-Dec 4	37261
Sat	1-2:30pm	Sept 15-Dec 8	37263
Tue	5-6:30pm	Jan 8-Mar 26	37271
Sat	1-2:30pm	Jan 12-Mar 30	37273

Wednesdays 1 hour Resident \$102 / Non-Resident \$122

Wed	2:30-3:30pm	Sept 12-Dec 5	37262
Wed	2:30-3:30pm	Jan 9-Mar 27	37272

Rhythmic Gymnastics Level 3 Advanced

Girls Ages 6 to 10 years

This Level 3 program is the first "evolution" stage in an athlete's competitive development. The focus of the Level 3 program will be Attention and Skill Progress. The Level 3 gymnasts are learning compulsory routines designed by USA Gymnastics Federation or routines choreographed by the Academy.

Minimum of one year of dance or gymnastics experience required. Gymnastics leotard required, bare feet or socks OK. Attendance is required twice per week, Wed. and Sat.

Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland • 12 weeks • No class 11/20, 11/21, & 11/24

Resident: \$197 / Non-Resident \$236

Wed & Sat	6:30-7:30pm 1-3pm	Sept 12-Dec 5 Sept 15-Dec 8	37264
Wed & Sat	6:30-7:30pm 1-3pm	Jan 9-Mar 27 Jan 12-Mar 30	37274

Rhythmic Gymnastics for Home School Level 1 Beginners

Girls Ages 4 to 6 years

This is a Level 1 Beginners class. Come at a convenient afternoon time (no rush hour), in a non-competitive environment and learn a new skill with your friends. Introduce students to basic positions of Ballet and Rhythmic Gymnastics apparatus while encouraging confidence, creativity, flexibility of movement and self expression. No experience necessary.

Gymnastics leotard required, bare feet or socks OK.

Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland • 12 weeks • No class 11/24

Resident \$92 / Non-Resident \$120

Sat	12-12:45pm	Sept 15-Dec 8	37265
Sat	12-12:45pm	Jan 12-Mar 30	37275

Stage Performance

Boys and Girls Ages 12 to 18 years

NEW! A performance class directed by seven-time winner of Best Choreographer of the Year and three-time winner of Best Coach of the Year in Region 2 (12 states), and also the Head Coach of Junior Olympic National Gymnasts, Arzu Karaali!! Bring your previous experience to the stage, whether it is in dance, ballet, rhythmic or artistic gymnastics, or cheerleading. With winning coach Arzu's passion, and her coaching and choreography techniques, you will work together to hone your skills and develop a stage presence that will wow any audience. A final stage performance for family and friends will be scheduled.

Performance team requires the additional cost of costume

Instructor La Luna Rhythmic Gymnastics Instructor

Location: La Luna Academy 11251 120th Ave NE., Ste 150
Kirkland, WA 98033 • www.lalunagym.com • 13 weeks
No class 11/24 • Resident \$208 / Non-Resident \$250

Sat	Sept 15-Dec 15	5-7pm	37331
-----	----------------	-------	-------

